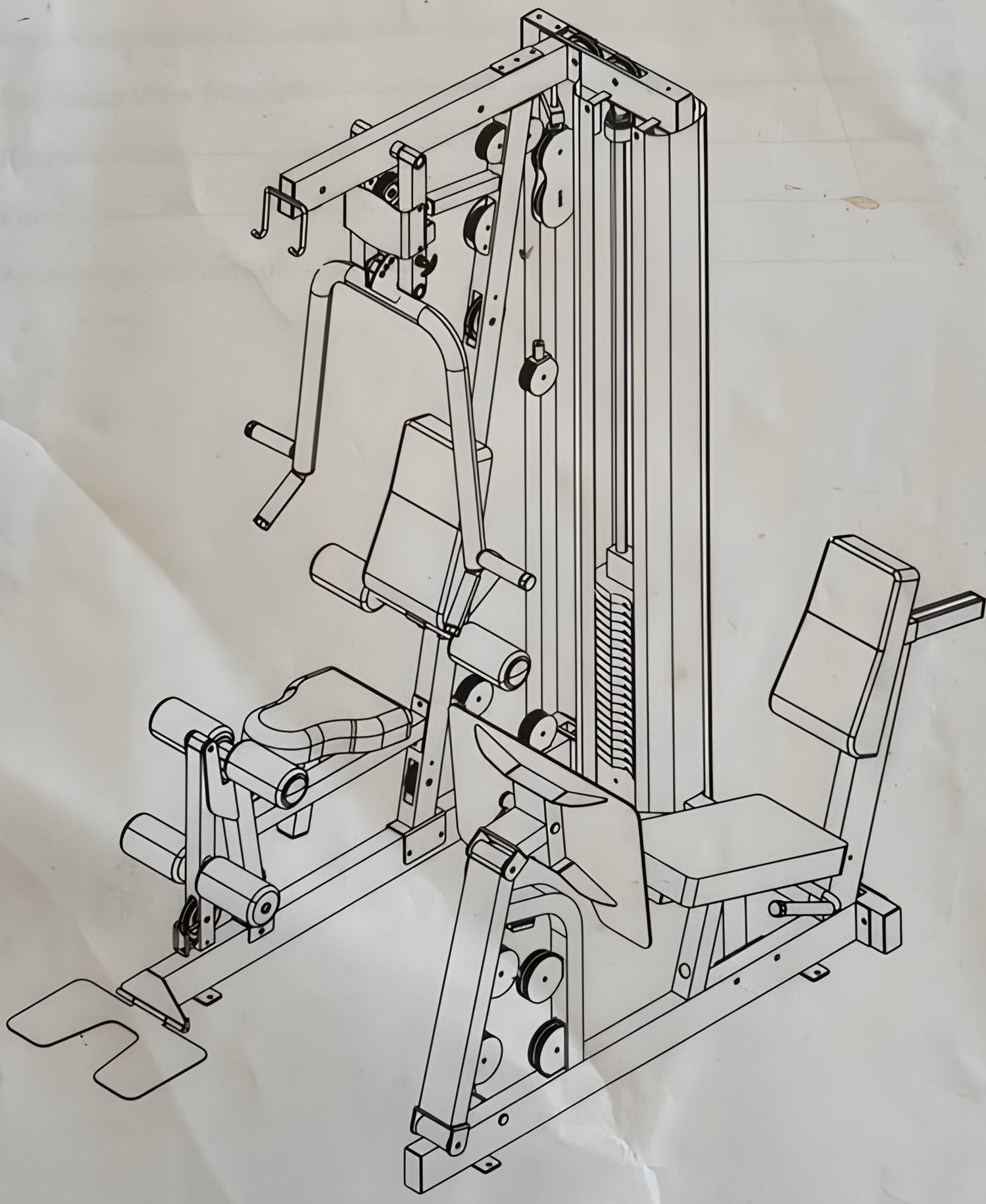
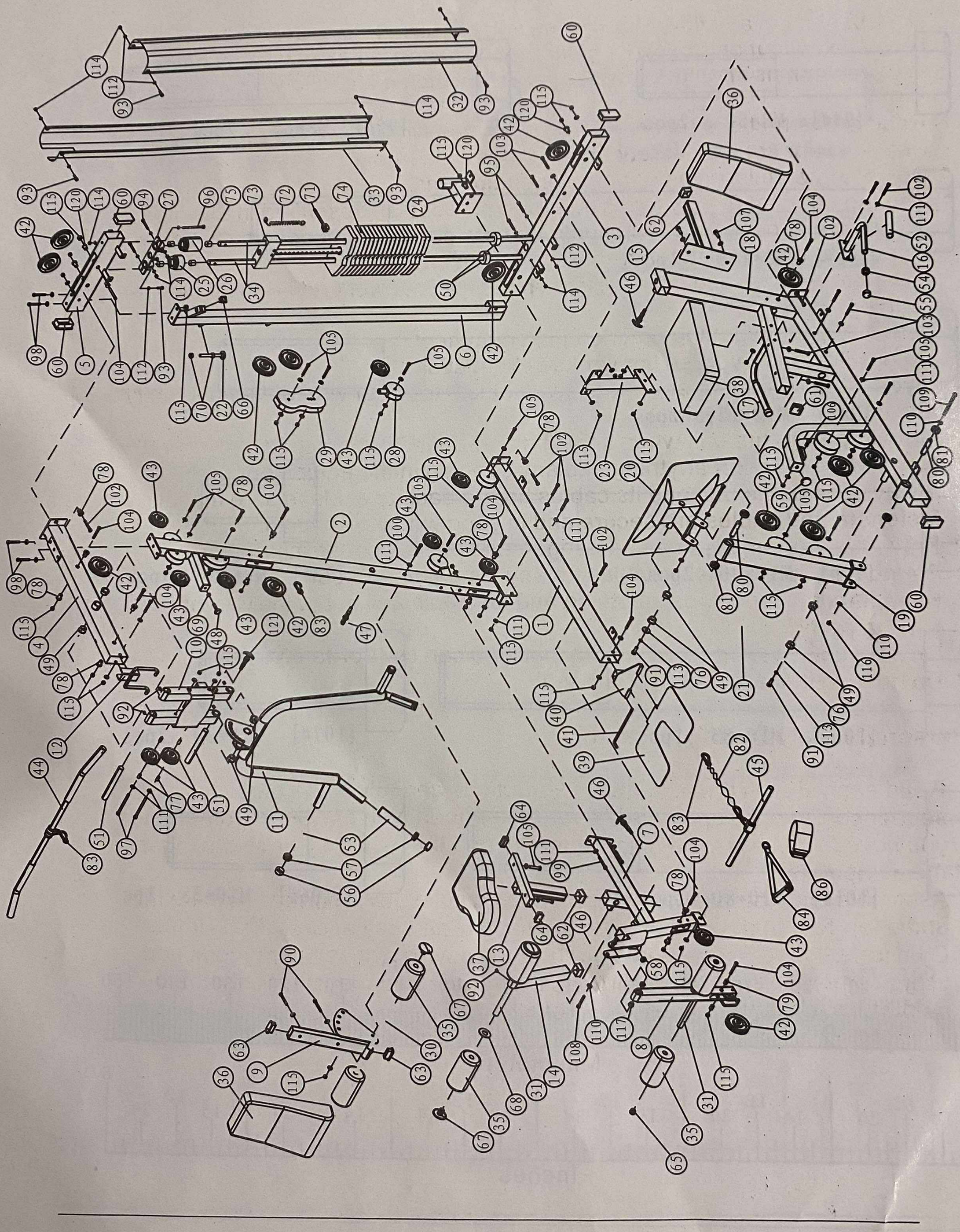
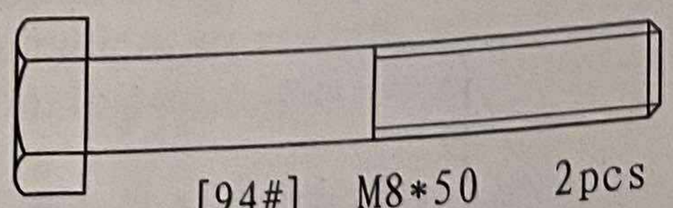


HG2000 Home Gym
Assembly Instructions

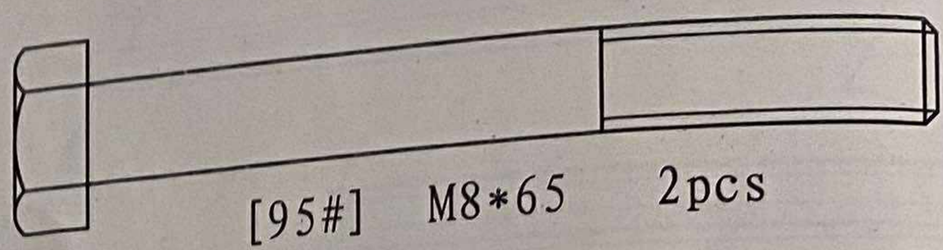
Home Gym
Exploded View Diagram



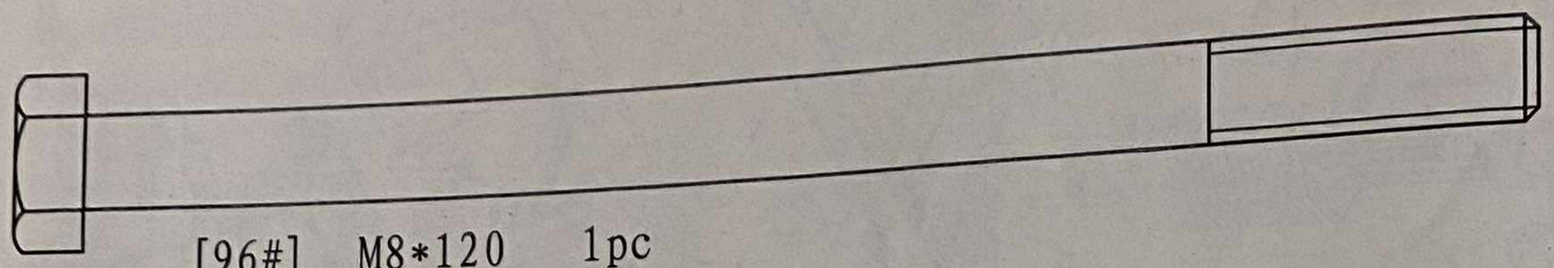
Hardware List



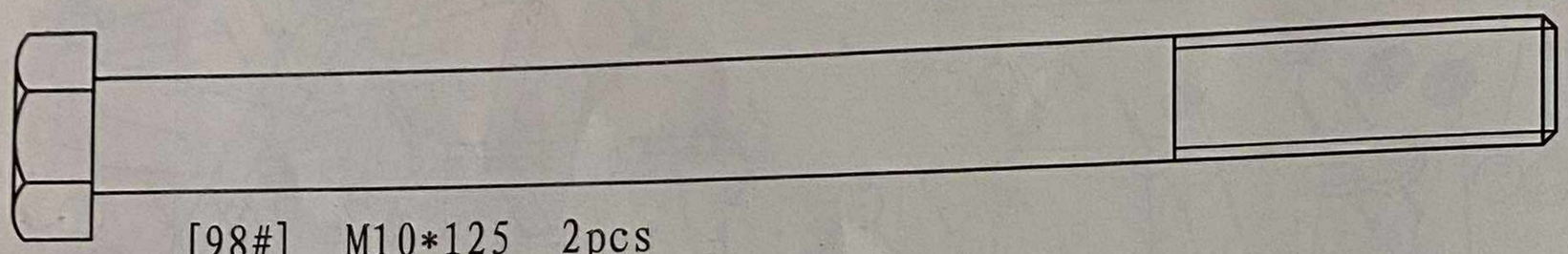
[94#] M8*50 2pcs



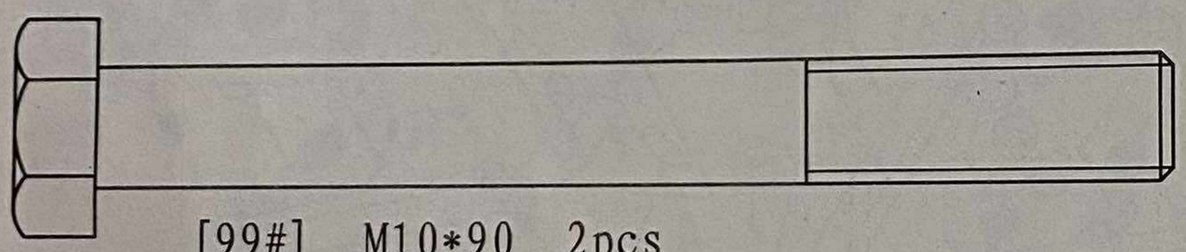
[95#] M8*65 2pcs



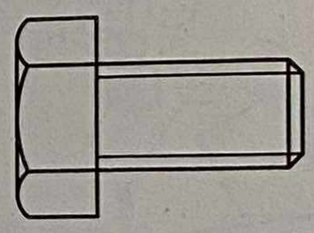
[96#] M8*120 1pc



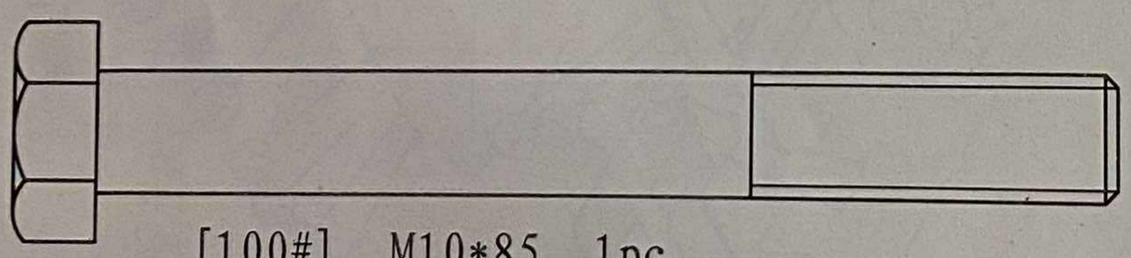
[98#] M10*125 2pcs



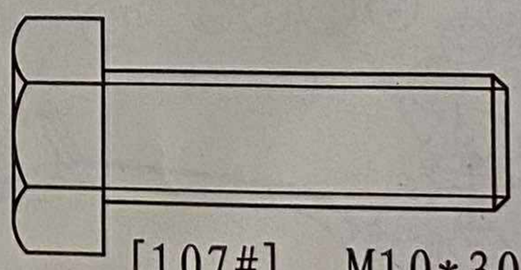
[99#] M10*90 2pcs



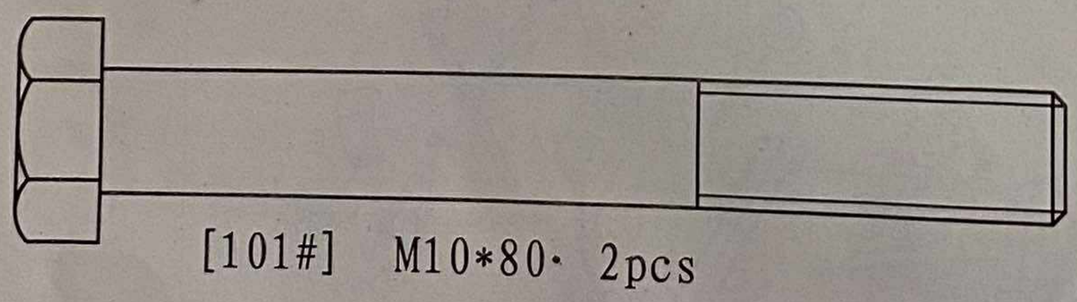
[93#] M8*15 9pcs



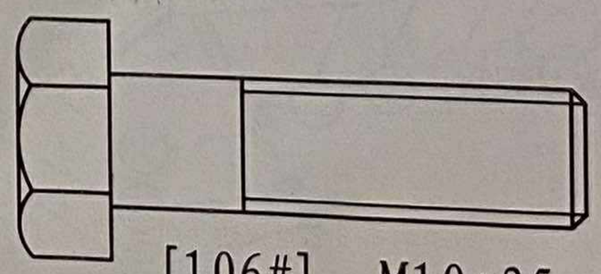
[100#] M10*85 1pc



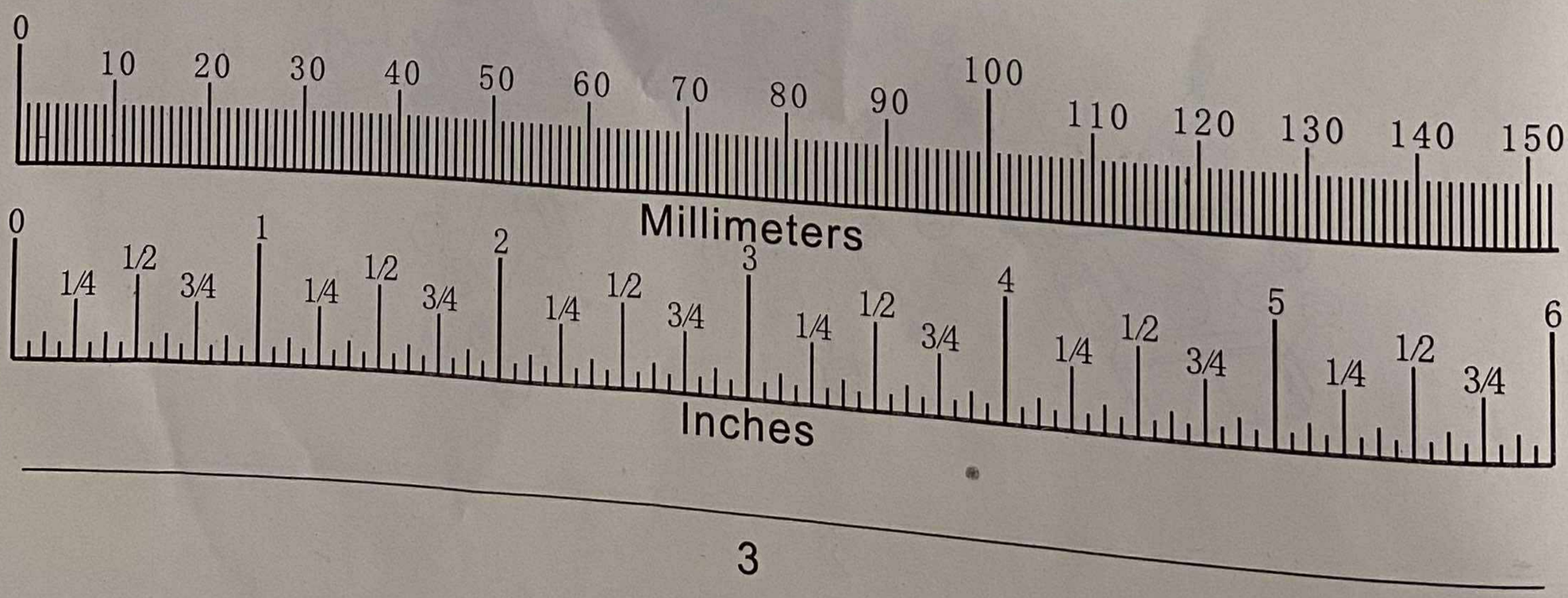
[107#] M10*30 2pcs



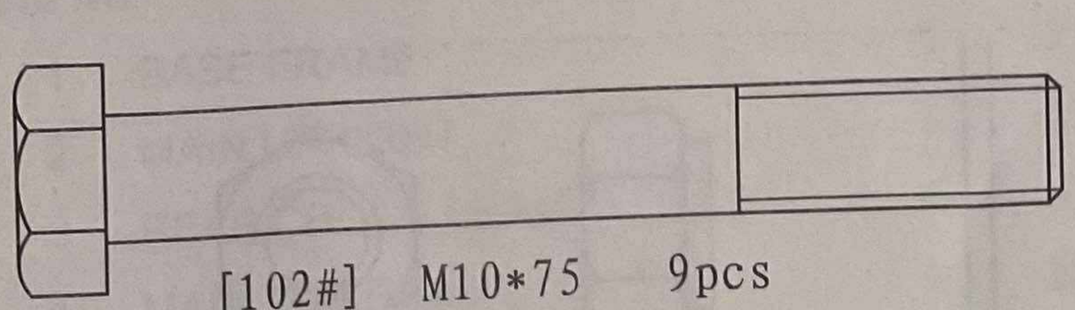
[101#] M10*80 2pcs



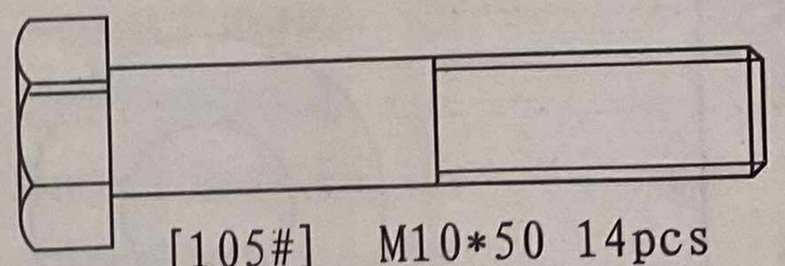
[106#] M10*35 1pc



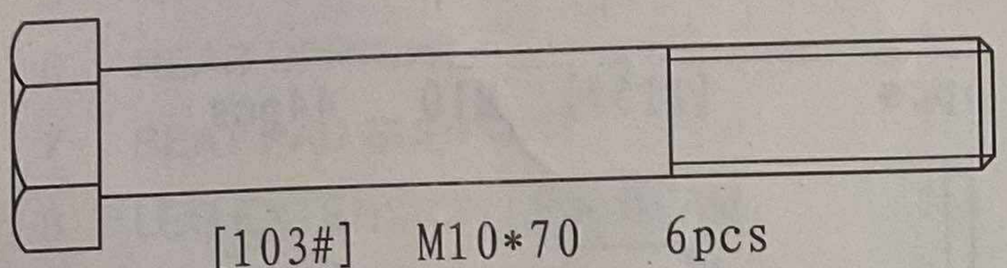
Hardware List



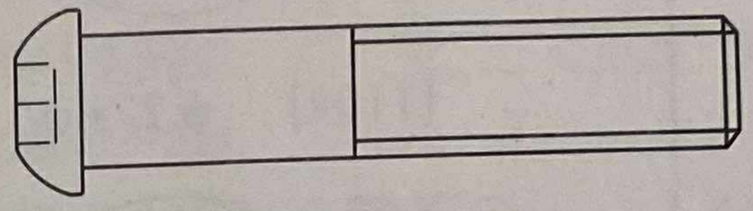
[102#] M10*75 9pcs



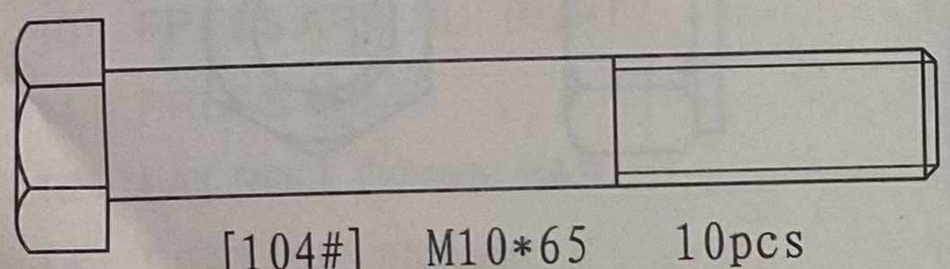
[105#] M10*50 14pcs



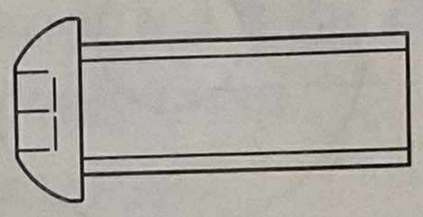
[103#] M10*70 6pcs



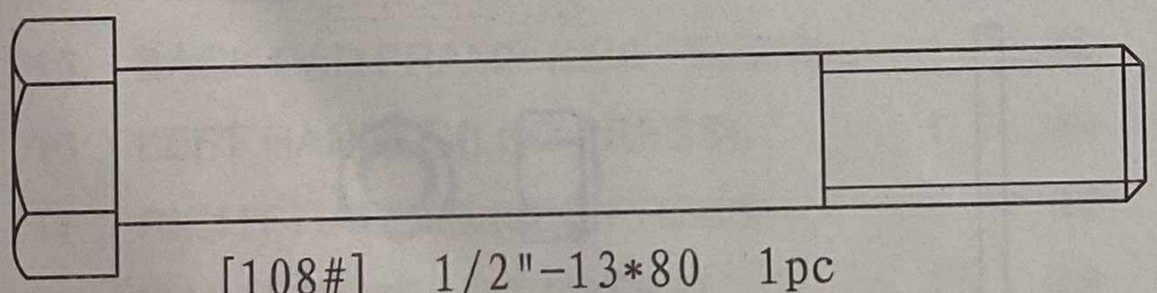
[90#] M10*50 2pcs



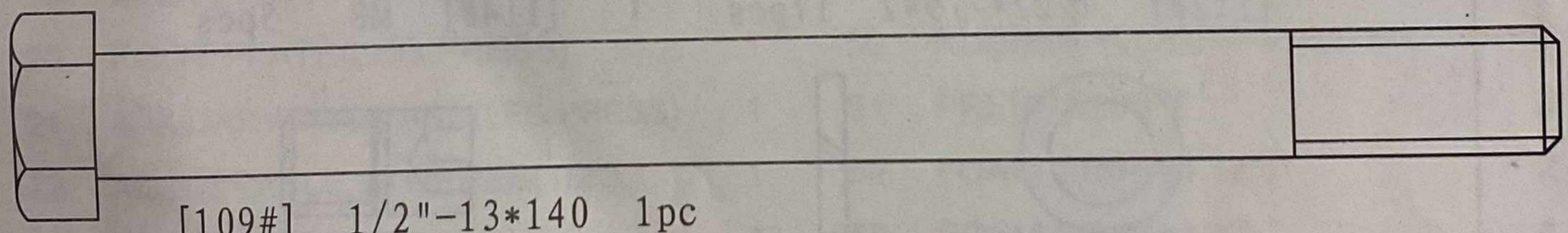
[104#] M10*65 10pcs



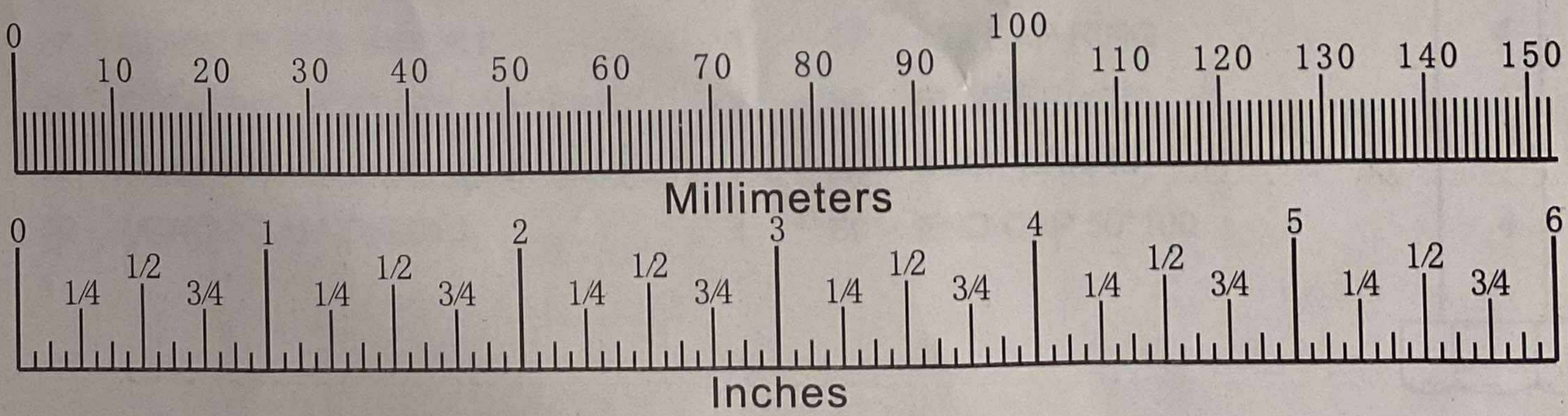
[91#] M10*25 2pcs



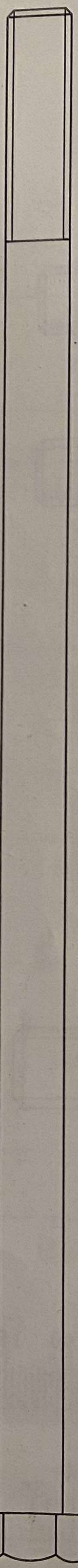
[108#] 1/2"-13*80 1pc

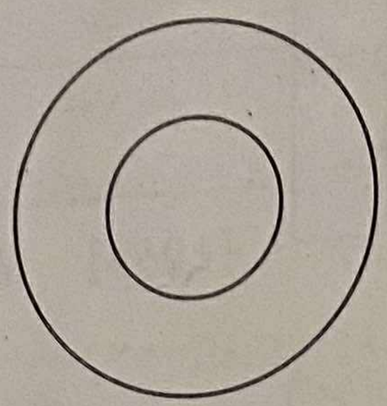


[109#] 1/2"-13*140 1pc

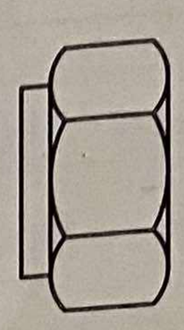


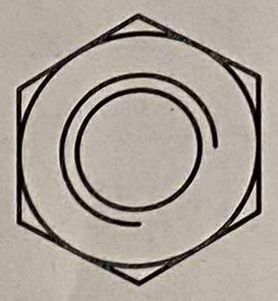
Hardware List



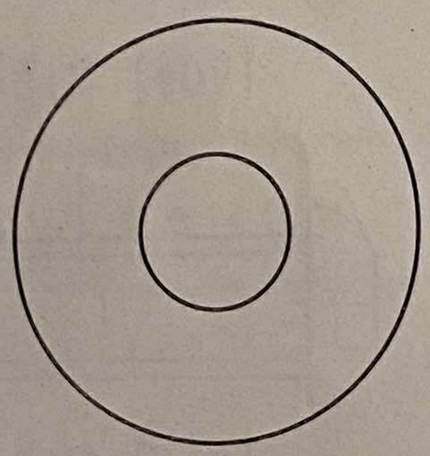


[110#] φ27*φ13.5*2 6pcs

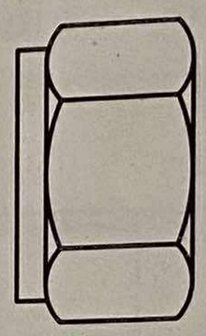


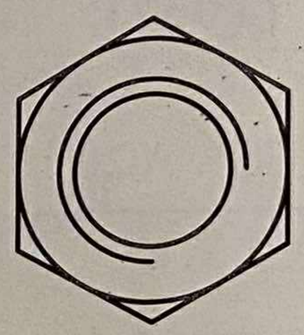


[115#] M10 44pcs



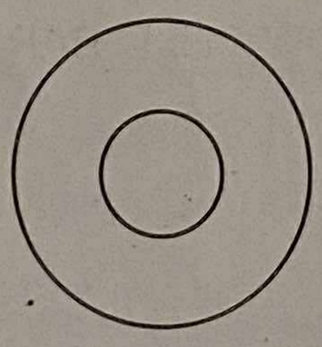
[111#] φ30*φ11*2 66pcs



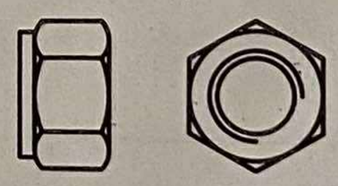


[116#] 1/2" 3pcs

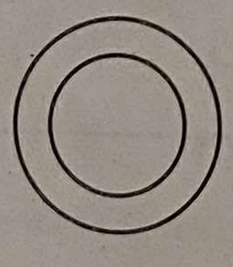
[97#] M10*225 2pcs



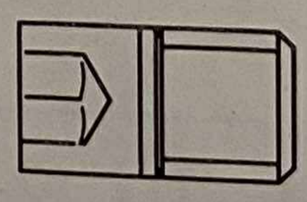
[112#] φ22*φ9*2 17pcs



[114#] M8 5pcs



[113#] φ10 2pcs



[92#] M8*8 5pcs

Parts List

Item No.	Description	QTY	Item No.	Description	QTY
1	BASE FRAME	1	31	FOAM TUBING	2
2	MAIN UPRIGHT	1	32	LEFT SHROUD	1
3	REAR CROSS BEAM	1	33	RIGHT SHROUD	1
4	MAIN TOP BEAM	1	34	GUIDE ROD	2
5	REAR TOP BEAM	1	35	ROLLER PAD	6
6	REAR UPRIGHT	1	36	BACK PAD	2
7	SEAT PAD SUPPORT	1	37	SEAT PAD	1
8	LEG EXTENSION LINK BEAM	1	38	SEAT PAD(LEG PRESS)	1
9	BACK PAD FRAME	1	39	FOOT PLATE	1
10	PRESS ARM SUPPORT	1	40	FOOT PLATE BRACKET	1
11	PRESS ARM	1	41	LONG "L" PIN	1
12	LAT PULL DOWN BAR	1	42	4.5" Pulley	15
13	SEAT PAD FRAME	1	43	3.5" Pulley	10
14	ROLLER PAD ADJUSTER	1	44	LAT PULL BAR	1
15	BACK PAD FRAME (LEG PRESS)	1	45	LOW PULL BAR	1
16	LEFT HANDLE (LEG PRESS)	1	46	PULL PIN	3
17	RIGHT HANDLE (LEG PRESS)	1	47	PULL PIN(LONG)	1
18	MAIN FRAME(LEG PRESS)	1	48	ADJUSTABLE STOPPER (3/8")	1
19	MAIN PIVOT ARM(LEG PRESS)	1	49	BRONZE BUSHING	8
20	FOOT PLATE(LEG PRESS)	1	50	RUBBER WEIGHT BUMPER	2
21	AUXILIARY PIVOT ARM(LEG PRESS)	1	51	PRESS SHAFT	2
22	ADJUSTABLE STOPPER(1/2")	1	52	FOAM GRIP(φ1.18")	2
23	REAR LINK BEAM	1	53	FOAM GRIP(φ1.5")	4
24	REAR SUPPORT BEAM	1	54	φ25 CAP	2
25	ADD ON WEIGHT 2.5LB	1	55	φ25 CAP RING	2
26	ADD ON WEIGHT 5LB	1	56	φ32 CAP	4
27	GUIDE ROD SUPPORT	1	57	φ32 CAP RING	4
28	FLOATING PUELLEY HOUSING	1	58	BUMPER(φ25)	1
29	ADJUSTABLE DOUBLE PULLEY BRACKET	1	59	BUMPER(φ45)	1
30	LONG FOAM TUBING	1	60	END CAP 50*100	4

Parts List

Item No.	Description	QTY
61	END CAP 50	1
62	END CAP44.5	3
63	END CAP 60*30	2
64	END CAP 50*25	2
65	END CAP φ25	2
66	END CAP 30	1
67	BIG END CAP	4
68	PLASTIC WASHER	2
69	3/8"JAM NUT	1
70	1/2"JAM NUT	2
71	Weight Pin	1
72	Pull rope	1
73	Top Plate	1
74	10LBS Weight	19
75	NYLON BUSHING	4
76	CHROMR WASHER	2
77	LONG PULLEY SPACER	4
78	PULLEY SPACER	14
79	PLASTIC PULLEY SPACER	2
80	PIVOT BUSHING	2
81	BEARING FRAME	4
82	CHAIN	1
83	SNAP LINK	4
84	NYLON HANDLE	1
85	AB STRAP	1
86	ANKLE STRAP	1
87	LAT CABLE	1
88	LEG PRESS CABLE	1
89	AB CABLE	1
90	Allen Bolt M10*50	2
91	Allen Bolt M10*25	2
92	SET SCREW M8*8	5
93	BOLT M8*15	9
94	BOLT M8*50	2
95	BOLT M8*65	2
96	BOLT M8*120	1
97	BOLT M10*225	2
98	BOLT M10*125	4
99	BOLT M10*90	2
100	BOLT M10*85	1
101	BOLT M10*80	2
102	BOLT M10*75	9
103	BOLT M10*70	6
104	BOLT M10*65	10
105	BOLT M10*50	14
106	BOLT M10*35	1
107	BOLT M10*30	2
108	BOLT 1/2"-13*80	1
109	BOLT 1/2"-13*140	2
110	WASHER φ13.5*φ27*2	6
111	WASHER φ11*φ30*2	86
112	WASHER φ9*φ22*2	19
113	Spring Washer φ10	2
114	NUT M8	5
115	NUT M10	46
116	NUT 1/2"	3
117	BRONZE BUSHING(φ12.8)	2
118	Allen Wrench S=6	1
119	Allen Wrench S=4	1
120	LONG PULLEY SPACER	6
121	PULL PIN	1

Assembly Instructions

Assembly of the Home Gym takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

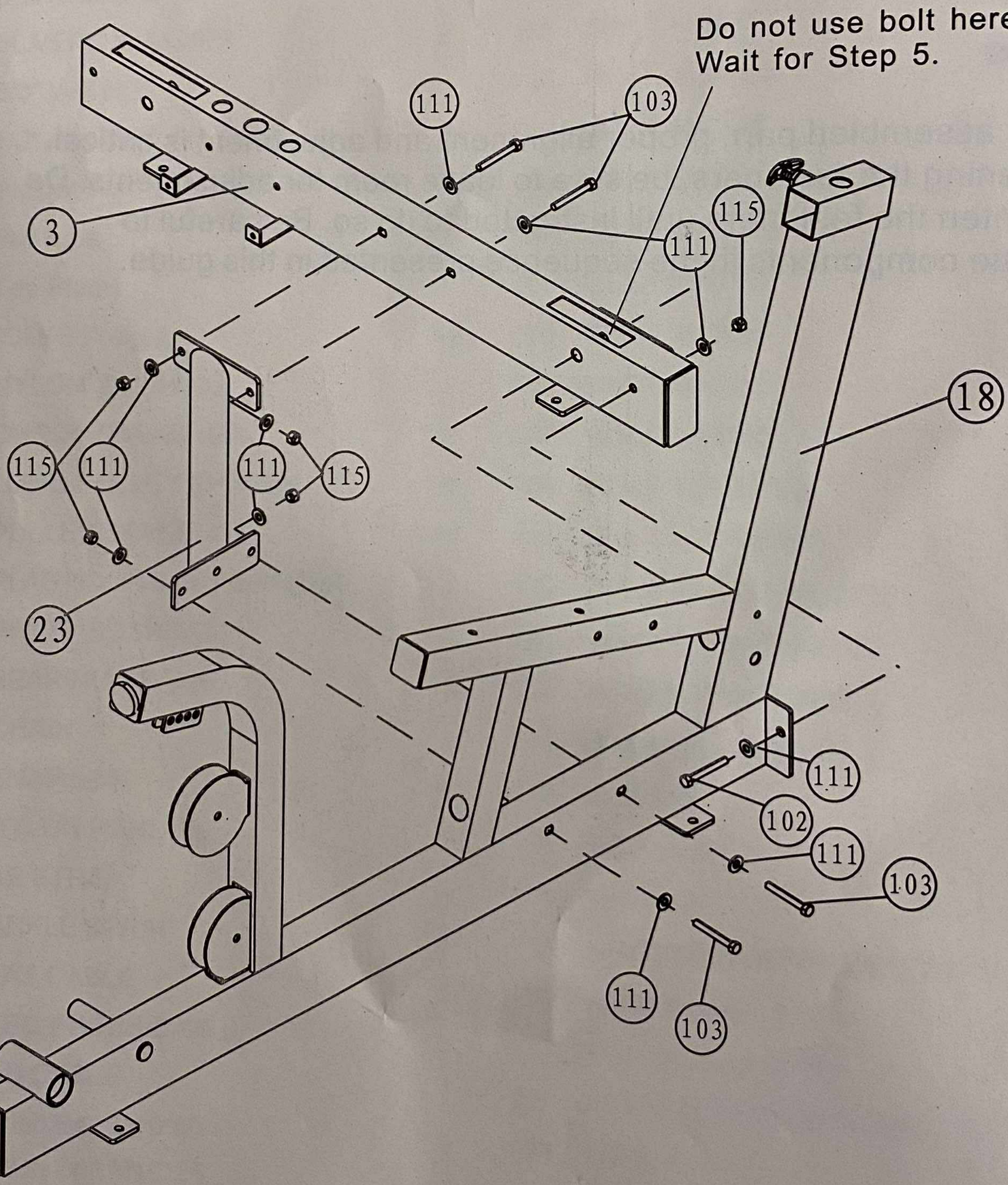
Note

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

It's easy to over tighten bolts and deform the metal beams.
Don't over tighten.

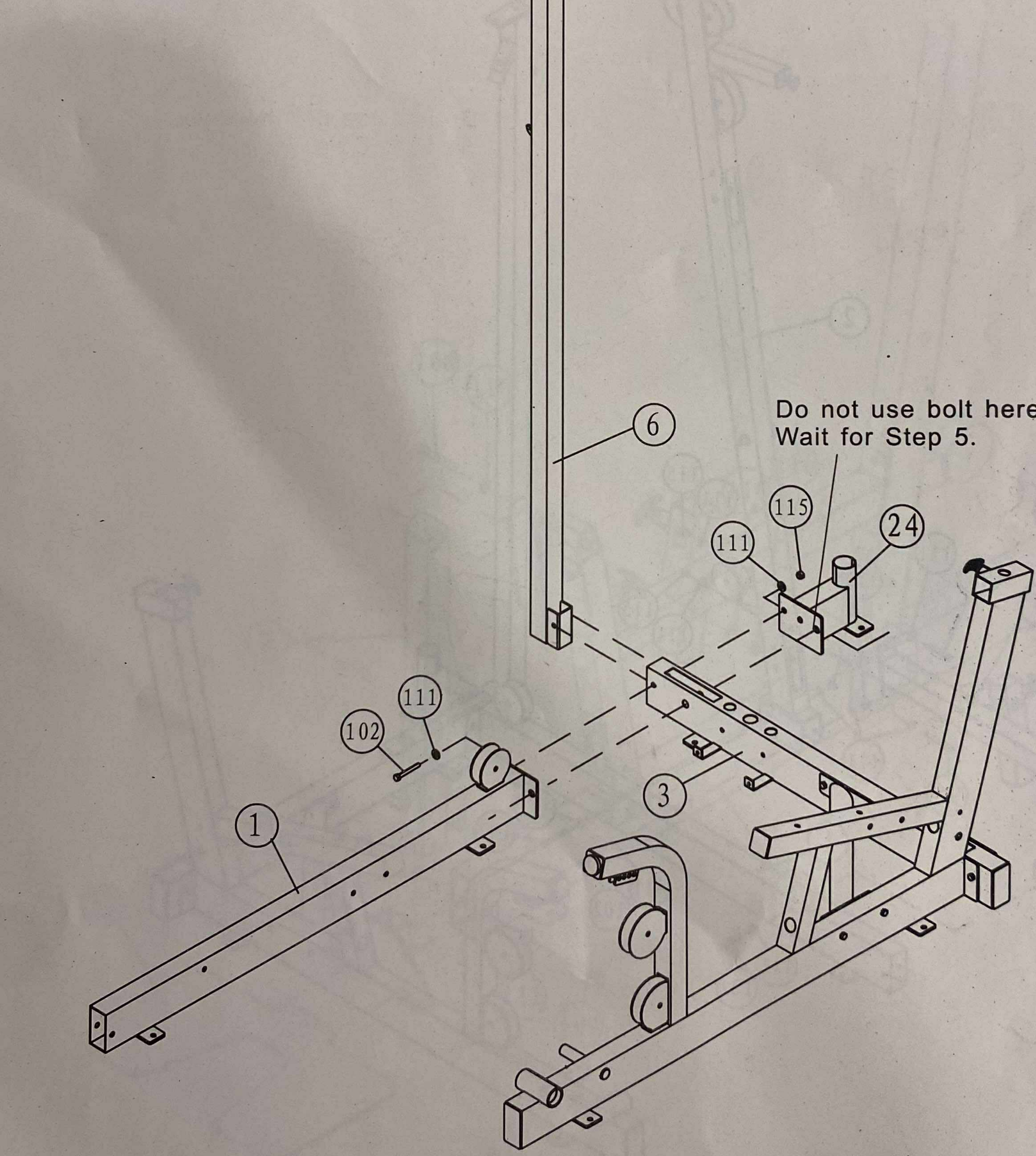
Step 1 Install Rear Cross Beam And Main Frame(Leg Press)

1. Attach Rear Cross Beam(#3) And Main Frame(Leg Press)(#18)using:
   one Bolt M10*75(#102)
   two Washers(#111)
   one Nylon Locknut M10(#115)
2. Attach Rear Link Beam(#23)to Rear Cross Beam(#3) And Main Frame(Leg Press)(#18)using:
   four Bolts M10*70(#103)
   four Nylon Locknuts M10(#115)
   eight Washers(#111)



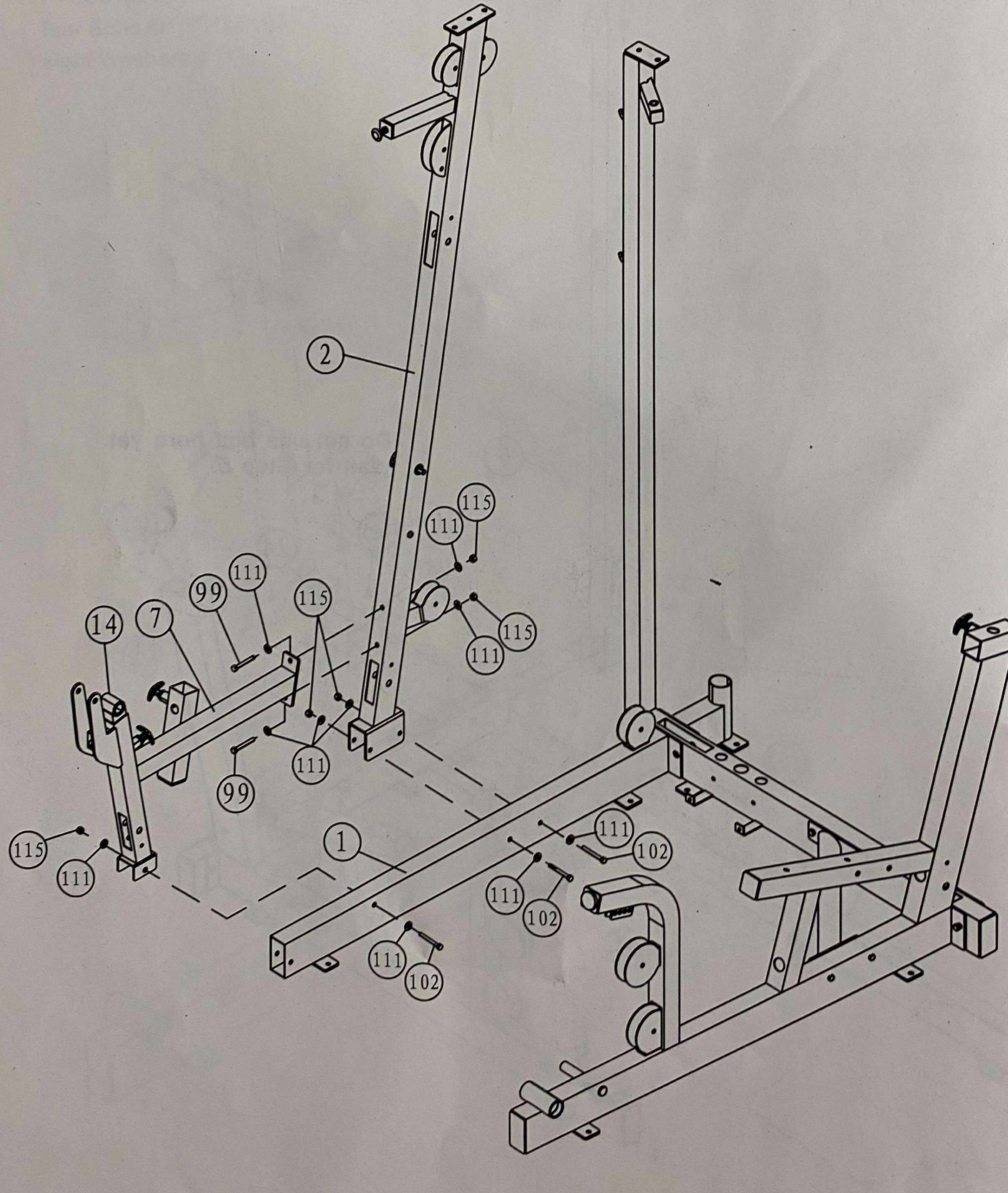
Step 2 Install Base Frame , Rear Upright And Rear Support Beam

Attach Base Frame(#1) ,Rear Upright(#6) And Rear Support Beam(#24) using:
one Bolt M10*75(#102)
two Washers(#111)
one Nylon Locknut M10(#115)



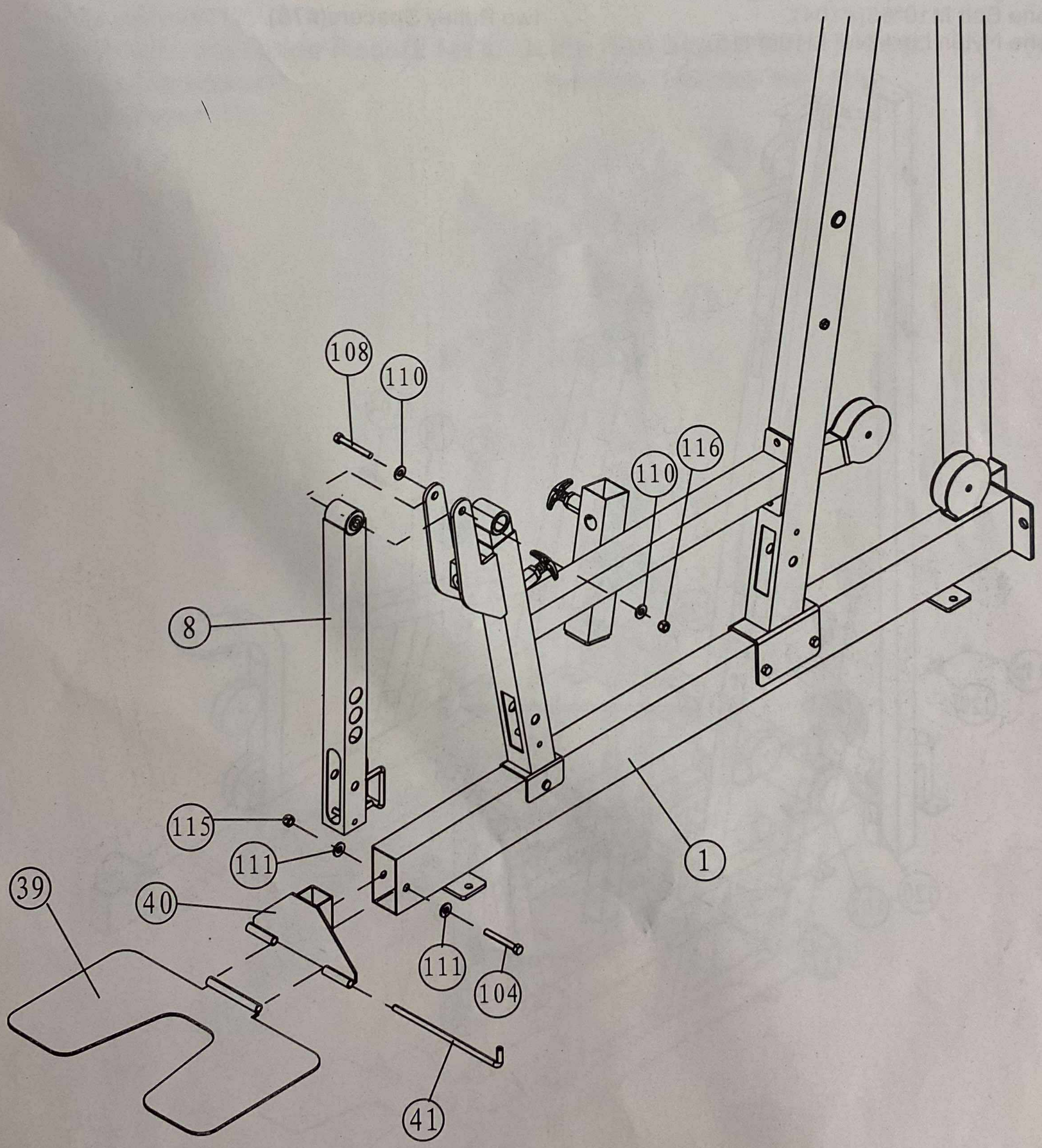
Step 3 Install Main Upright , and Seat Pad Support

1. Attach Main Upright(#2) And Base Frame(1#) using:
   two BoltsM10*75(#102)
   four Washers(#111)
   two Nylon Locknuts M10(#115)
2. Attach Seat Pad Support(#7) to Main Upright(#2) And Base Frame(#1) using:
   two BoltsM10*90(#99)
   six Washers(#111)
   three Nylon Locknuts M10(#115)



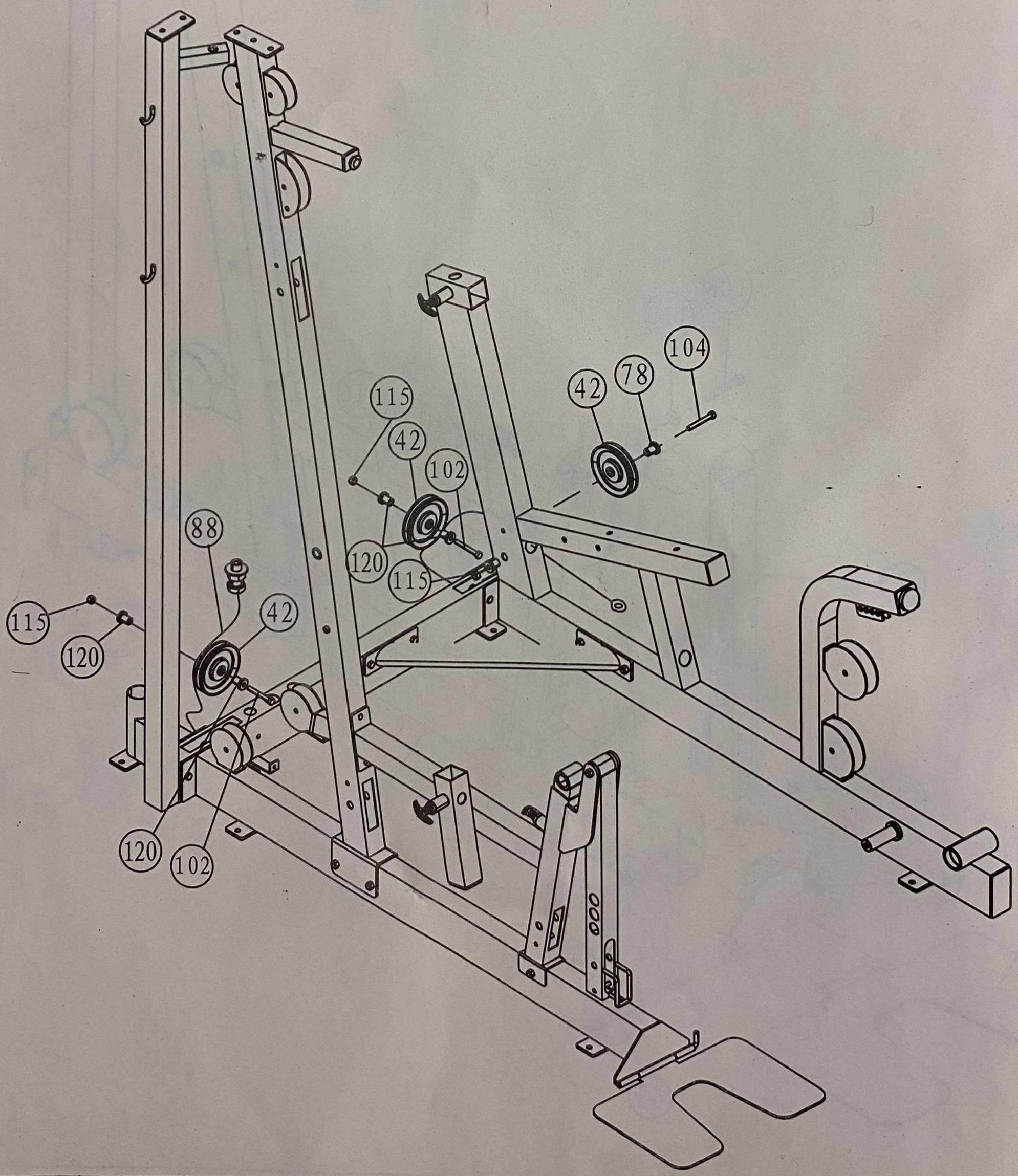
Step 4 Install Leg Extension Link Beam and Foot Plate

1. Attach Leg Extension Link Beam(#8) to Seat Pad Support(#7) using:
   one Bolt ½"-13*80 (#108) one Nylon Locknut ½" (#116)
   two Washers(#110)
2. Attach Foot Plate Bracket(#40) to Base Frame(#1) using:
   one Bolt M10*65(#104) one Nylon Locknut M10(#115)
   two Washers(#111)
3. Attach Foot Plate(#39) to Foot Plate Bracket(#40) using:
   one Long "L" Pin



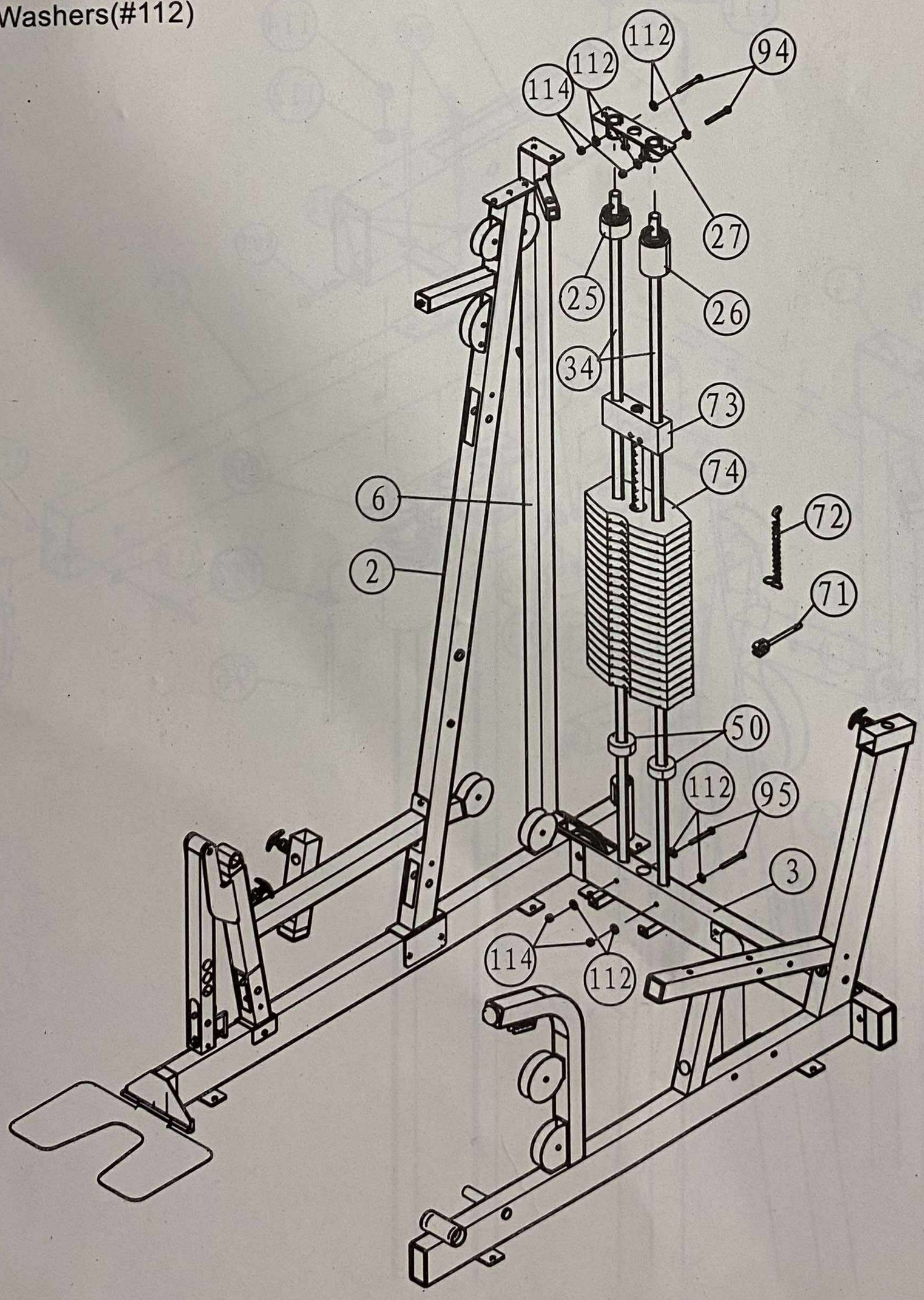
Step 5 Assemble Leg Press Cable in Rear Cross Beam

1. Pass Leg Press Cable(#88) through the hole in Rear Cross Beam(#3) then route over two Pulley(#42) and secure them to the hole in Rear Cross Beam (#3) using:
   two Bolts M10*75(#102)
   two Nylon Lock Nuts M10(#115)
   two Pulley Spacers(#78)
   two Pulley Spacers(#120)
2. Pass Leg Press Cable(#88) through the hole in Main Frame(Leg Press)(#18) then route over one Pulley(#42) and secure them to the hole in Main Frame (Leg Press)(#18) using:
   one Bolt M10*65(#104)
   one Nylon Lock Nut M10(#115)
   two Pulley Spacers(#78)



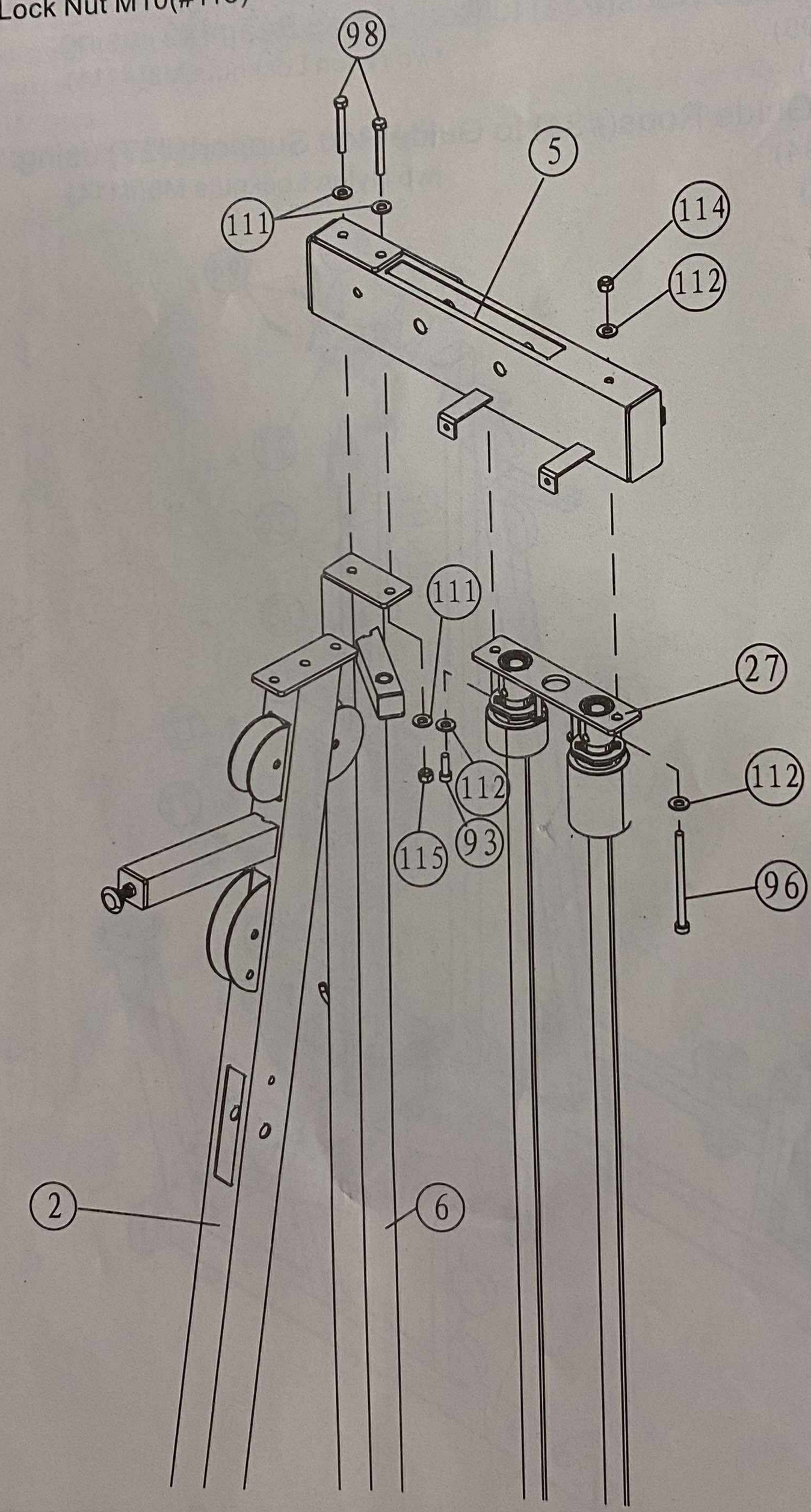
Step 6 Install Weight Stack

1. Insert both the Guide Rods(#34) into the Rear Cross Beam(#3).
2. Slide Weight Stack Bumper(#50) down onto each the Guide Rod(#34).
3. Carefully begin sliding the Weight Plate one by one in sequence: #74,#73.
4. Carefully sliding the Add on Weight 2.5LB And he Add on Weight 5LB
5. Attach Weight Pin(#71) to Top Plate(#73) using: one Pull rope (#72)
6. Attach both the Guide Rods(#34) to Rear Cross Beam(#3) using:
   two Bolts M8*65(#95) two Nylon Locknuts M8(#114)
   four Washers(#112)
7. Attach both the Guide Rods(#34) to Guide Rod Support(#27) using:
   two Bolts M8*50(#94) two Nylon Locknuts M8(#114)
   four Washers(#112)



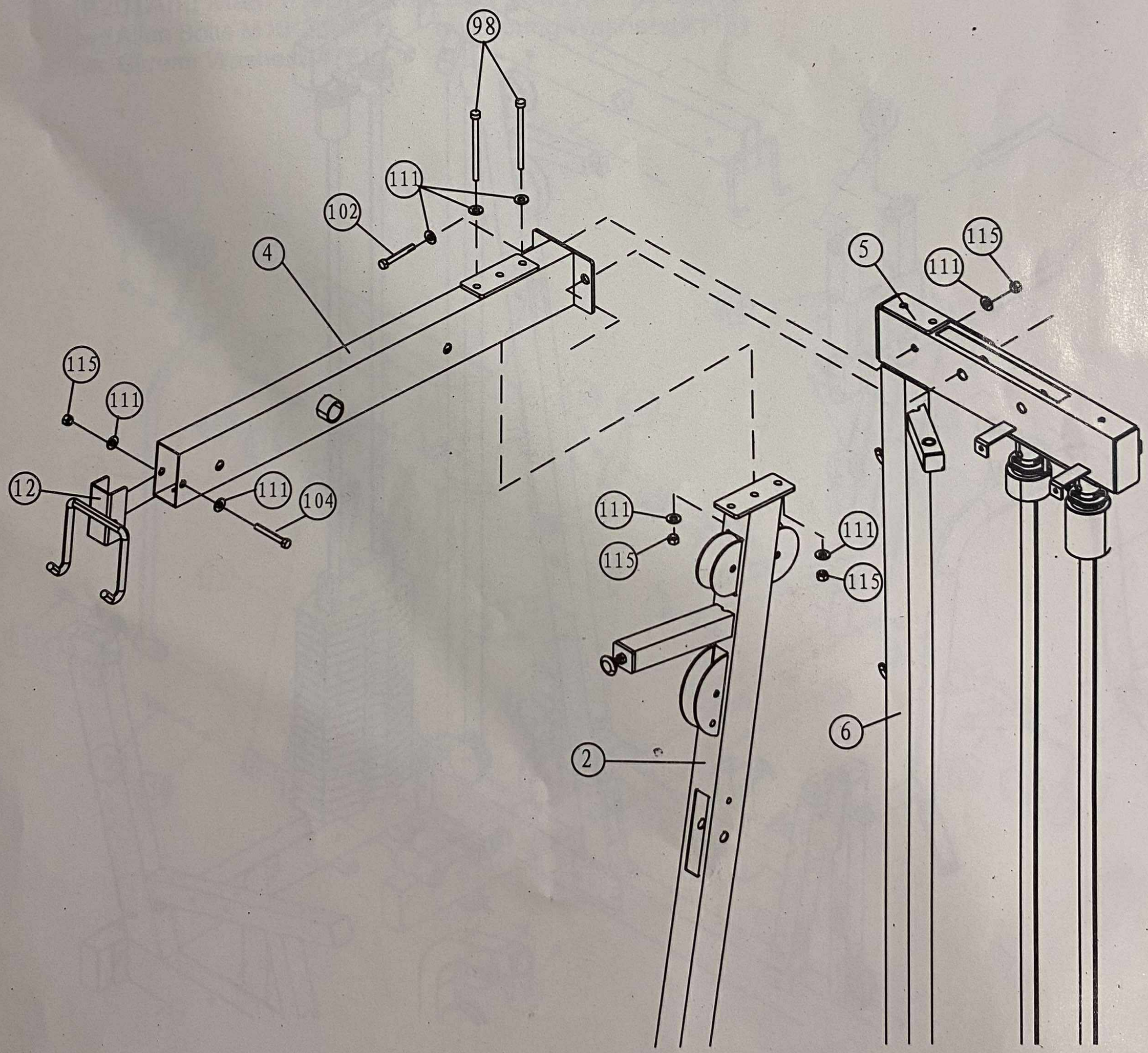
Step 7 Install Rear Top Beam

1. Attach Guide Rod Support(#27) to Rear Top Beam(#5) using:
   one Bolt M8*120(#96)
   one Nylon Locknut M8(#114)
   one Bolt M8*15(#93)
   three Washers(#112)
2. Attach Rear Upright(#6) to Rear Top Beam(#5) using:
   two Bolts M10*125(#98)
   one Nylon Lock Nut M10(#115)
   three Washers(#111)



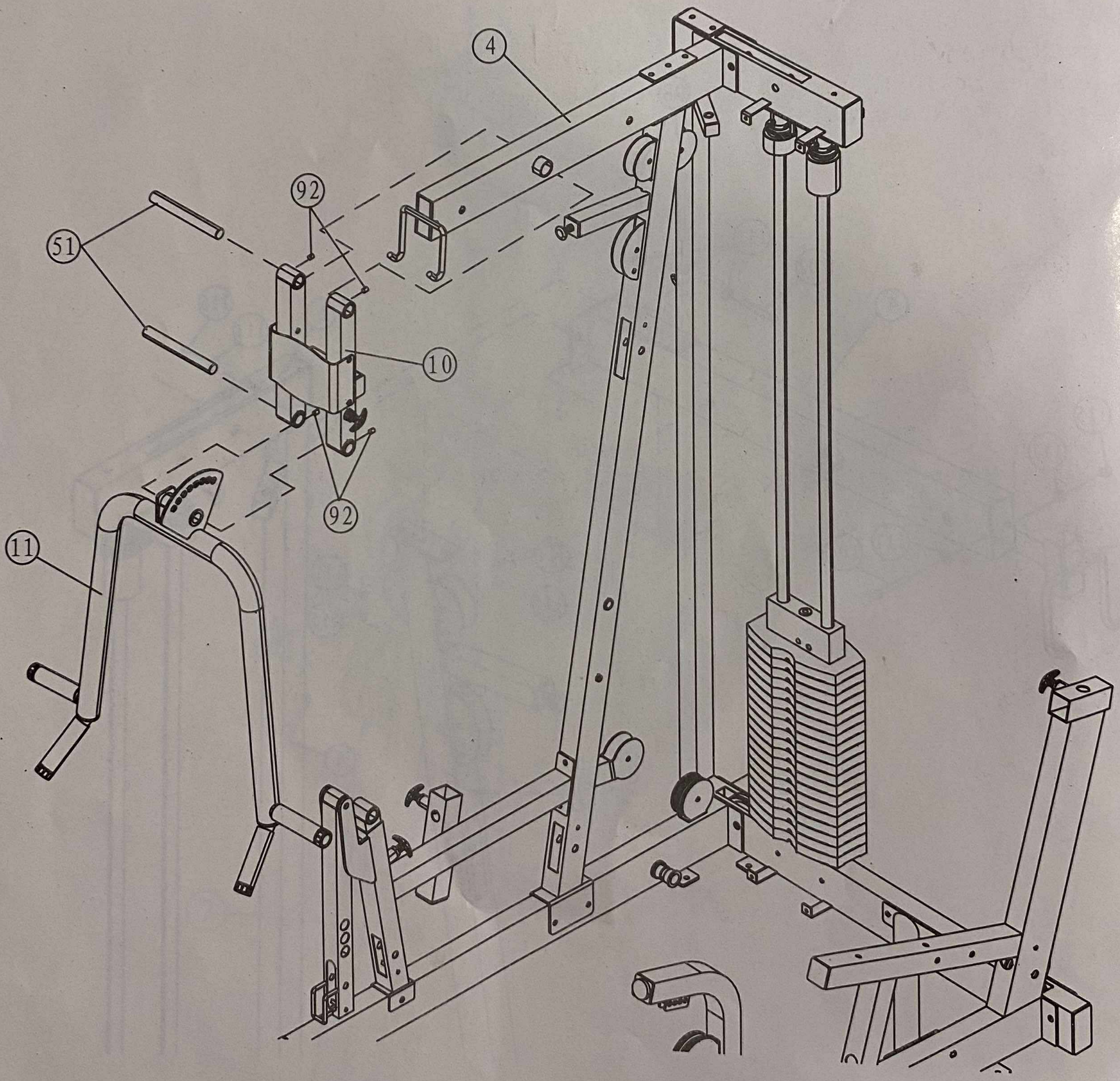
Step 8 Install Main Top Beam And Lat Pull Down Bar

1. Attach Main Top Beam(#4) to Main Upright(#2) using:
   two Bolts M10*125(#98) four Washers(#111)
   two Nylon Lock Nuts M10(#115)
2. Attach Main Top Beam (#4) to Rear Top Beam(#5) using:
   one Bolt M10*75(#102) two Washers(#111)
   one Nylon Lock Nut M10(#115)
3. Attach Lat Pull Down Bar(#12) to Main Top Beam(#4) using:
   one Bolt M10*65(#104) two Washers(#111)
   one Nylon Lock Nut M10(#115)



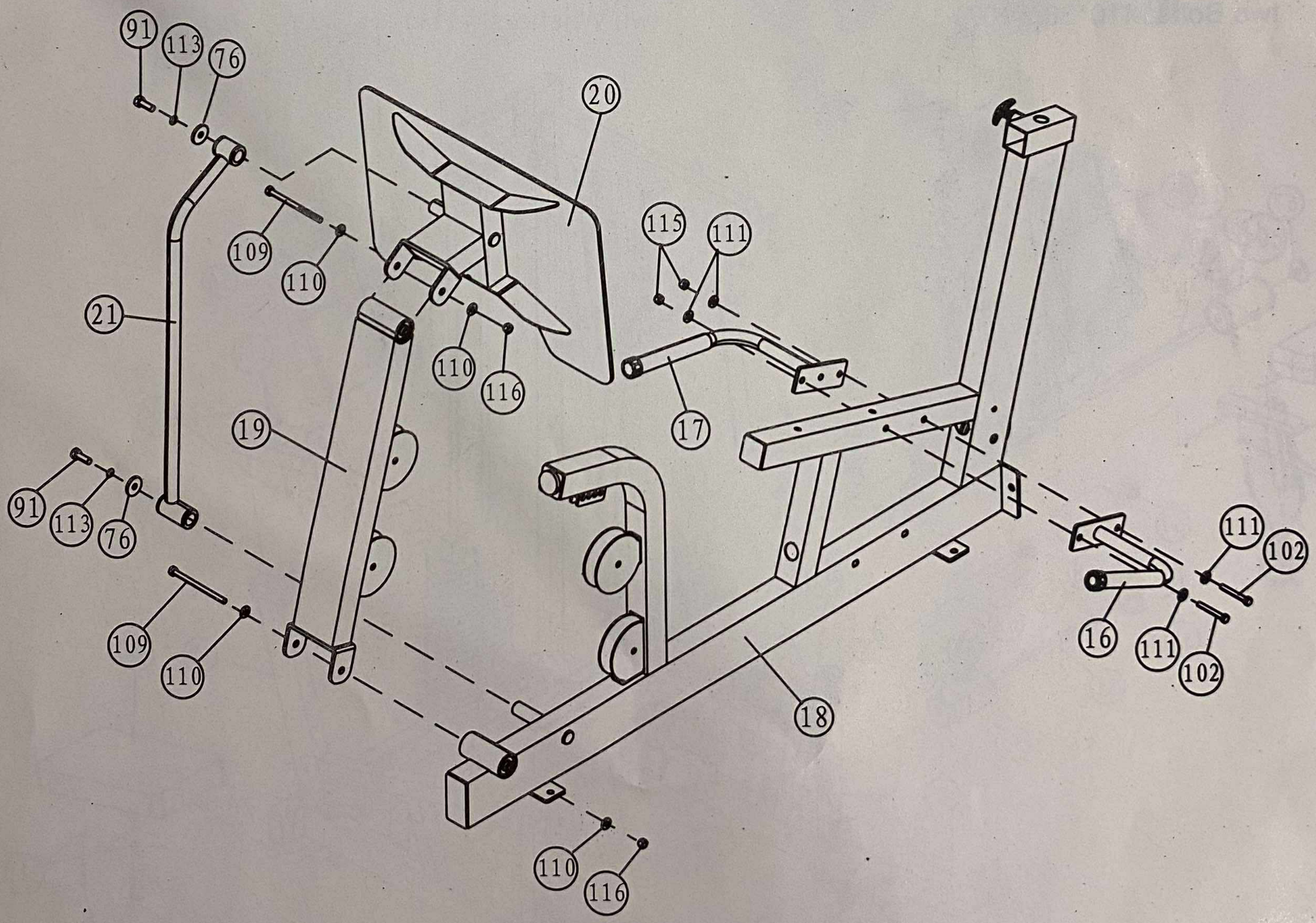
Step 9 Install Press Arm Support And Press Arm

1. Attach Press Arm Support(#10) to Main Top Beam(#4) using:
   two Set Screws M8*8(#92)
   one Press Shaft(#51)
2. Attach Press Arm(#11) to Press Arm Support(#10) using:
   two Set Screws M8*8(#92)
   one Press Shaft(#51)



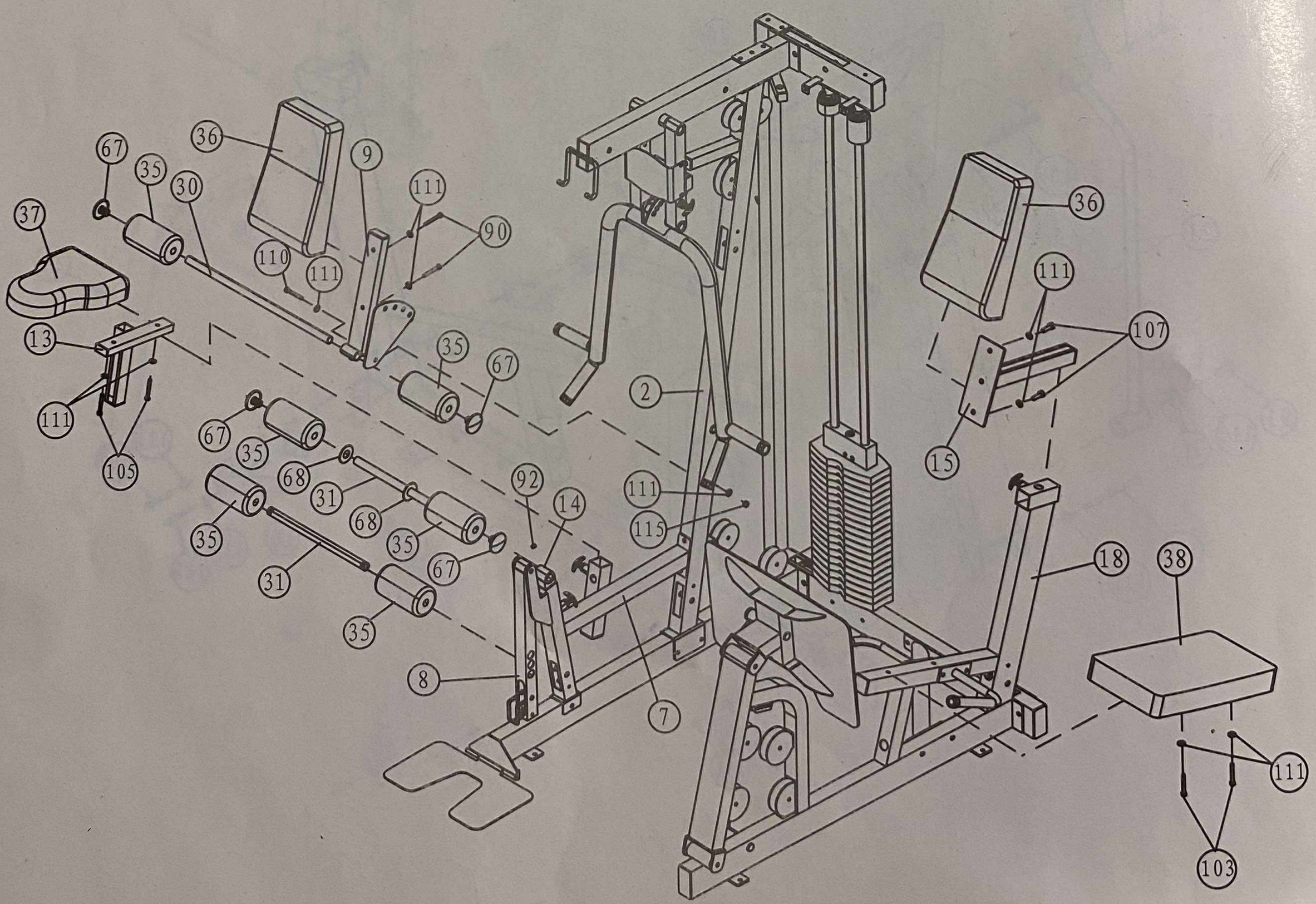
Step 10 Install Leg Press

1. Attach Left Handle(Leg Press)(#16) And Right Handle(Leg Press)(#17) to Main Frame(Leg Press)(#18) using:
   two Bolts M10*75(#102) four Washers(#111)
   two Nylon Lock Nuts M10(#115)
2. Attach Main Pivot Arm(Leg Press)(#19) to Main Frame(Leg Press)(#18) using:
   one Bolt 1/2"*13-140 (#109) two Washers(#110)
   one Nylon Lock Nut 1/2" (#116)
3. Carefully Attach Foot Plate(Leg Press)(#20) to Main Pivot Arm(Leg Press)(#19) using:
   one Bolt 1/2"*13-140 (#109) two Washers(#110)
   one Nylon Lock Nut 1/2" (#116)
4. Carefully Attach Auxiliary Pivot Arm(Leg Press) to Foot Plate(Leg Press)(#20) And Main Pivot Arm(Leg Press)(#19) using:
   two Allen Bolts M10*25(#91) two Spring Washers(#113)
   two Chromr Washers(#76)



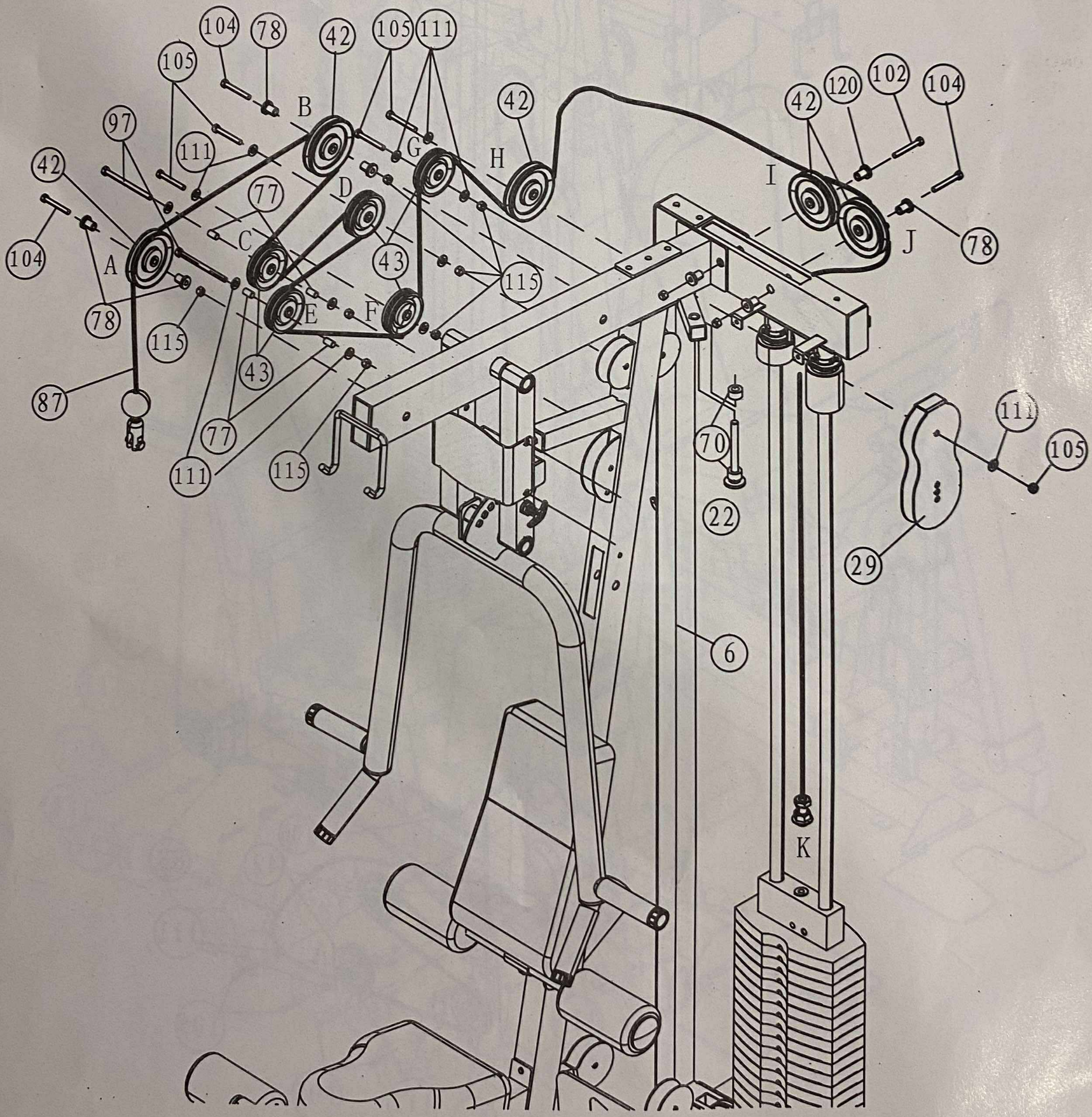
Step 11 Install Seat Pad , Back Pad And Roller Pad

1. Attach Back Pad Frame(#9) to Main Upright(#2) using:
   one Bolt M10*85(#100) two Washers(#111)
   one Nylon Lock Nut M10(#115)
2. Attach Back Pad(#36) to Back Pad Frame(#9) using:
   two Allen Bolts M10*50(#90) two Washers(#111)
3. Attach Two Roller Pads(#35) to Back Pad Frame(#9) using:
   one Long Foam Tubing(#30) two Big End Cap(#67)
4. Attach Seat Pad(#37) to Seat Pad Frame (#13) using:
   two Bolts M10*50(#105) two Washers(#111)
5. Attach Two Roller Pads (#35) to Roller Pad Adjuster(#17) using:
   one Foam Tubing(#31) two Big End Cap(#67)
   two Plastic Washers(#68) one Set Screw M8*8(#92)
6. Attach Two Roller Pads(35#) to Leg Extension Link Beam(#8) using:
   one Foam Tubing(#31)
7. Attach Seat Pad(Leg Press)(#38) to Main Frame(Leg Press)(#18) using:
   two Bolts M10*70(#103) two Washers(#111)
8. Attach Back Pad(#37) to Back Pad Frame (#15) using:
   two Bolts M10*30(#107) two Washers(#111)



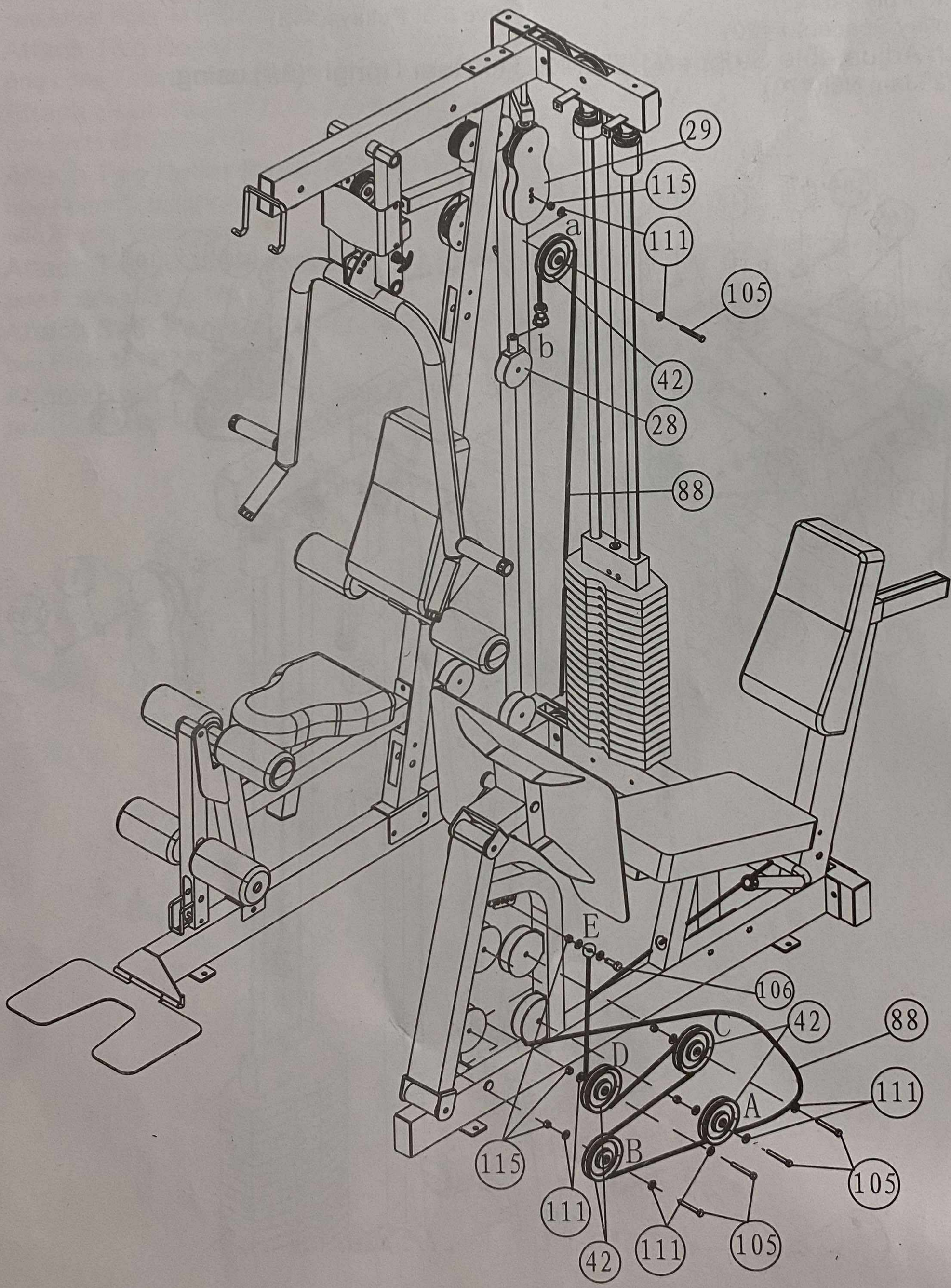
Step 12 Install Lat Cable

1. Route Lat Cable(#87): A→B→C→D→E→F→G→H→I→J→K using:
   three Bolts M10*65(#104)
   four Bolts M10*50(#105)
   twelve Washers(#111)
   six Pulley Spacers(#78)
   five 4.5" Pulleys(#42)
   two Pulley Spacers(#120)
   two Bolts M10*225(#97)
   one Bolt M10*75(#102)
   four Long Pully Spacers(#77)
   ten Nylon Lock Nuts M10(#115)
   five 3.5" Pulleys(#43)
2. Attach Adjustable Stopper(1/2") (#22) to Rear Upright(6#) using:
   two 1/2" Jam Nut(#70)



Step 13 Install Leg Press Cable

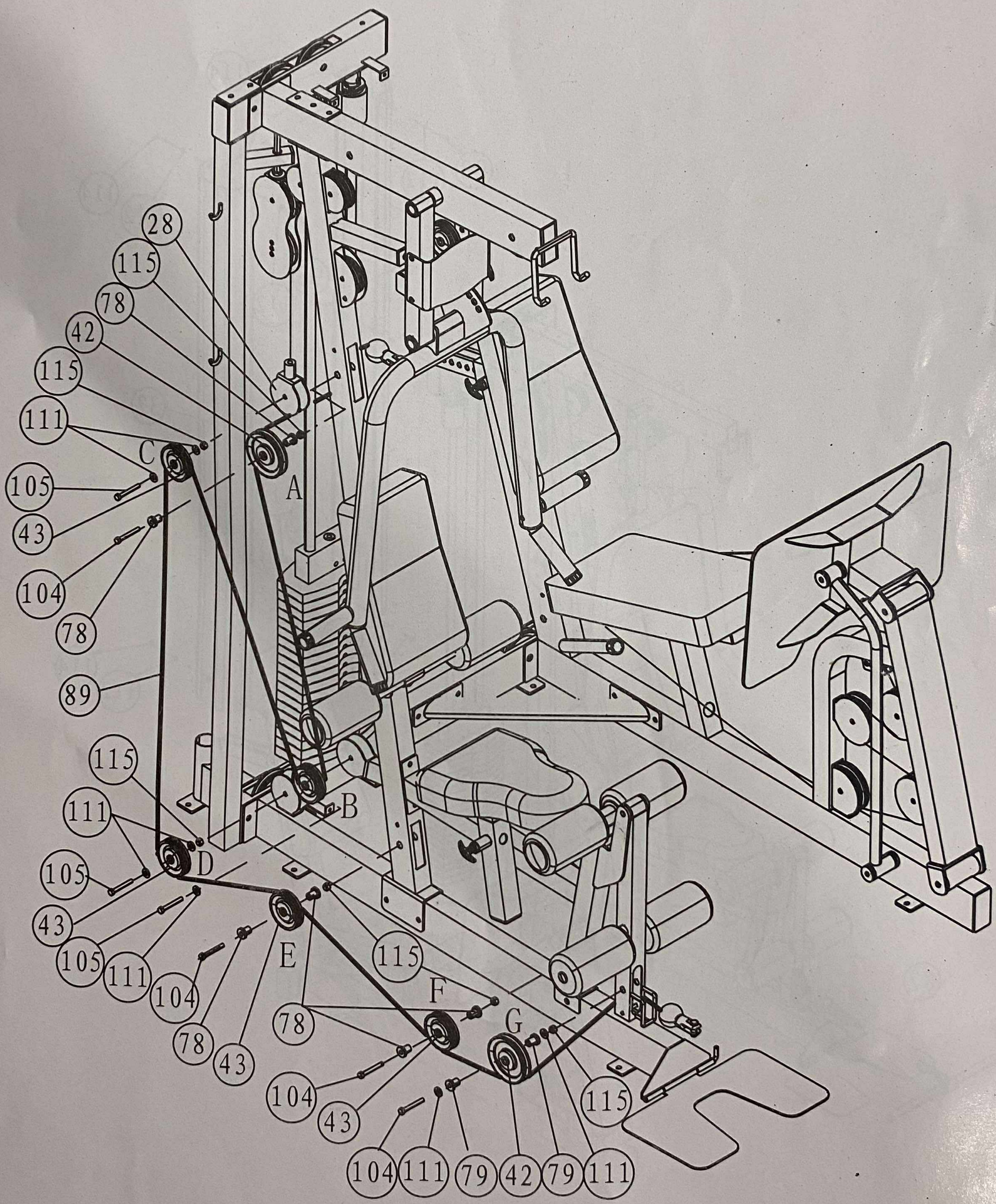
Route Leg Press Cable(#88): A→B→C→D→E And a→b ,using:
five Bolts M10*50(#105)
six Nylon Lock Nuts M10(#115)
one Bolt M10*35(#106)
twelve Washers(#111)
five 4.5" Pulleys(#42)



Step 14 Install AB Cable

Route AB Cable(#89): A→B→C→D→E→F→G ,using:

three Bolts M10*50(#105)
six Washers(#111)
seven Nylon Lock Nuts M10(#115)
five 3.5" Pulleys(#43)
four Bolts M10*65(#104)
eight Pully Spacers(#78)
two 4.5" Pulleys(#42)



Step 15 Install Shroud And Bar

1. Attach Left Shroud(#32) ,Right Shroud(#33) using:
   eight Bolts M8*15(#93) eight Washers(#112)
2. Install the Lat Pull Bar(#44) And the Low Pull Bar(#45).